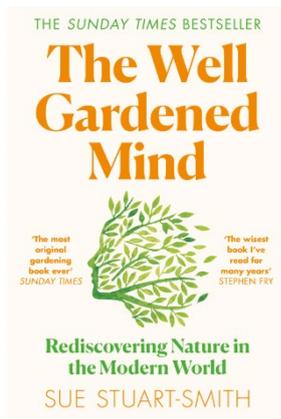




THE WELL GARDENED MIND
Rediscovering Nature in the Modern World
by Sue Stuart-Smith

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'The wisest book I've read for many years. Much more than a gardening book, much more than a guide to better mental health, it is a wholly convincing story of how troubled minds might find a way of reconnecting to themselves and rebuilding confidence and hope by way of nature. Hugely recommended.' **STEPHEN FRY**

A *Sunday Times* bestseller in hardback this widely acclaimed and inspirational investigation into the powerful effects of gardening on our health and wellbeing is now out in paperback.

- Prisoners given the chance to grow plants are less likely to reoffend.
- At-risk young people who get their hands in the soil are more likely to stay in education.
- Elderly people who garden live longer and have a better quality of life.

How can gardening relieve stress and help us look after our mental health? What lies behind the restorative power of the natural world?

In a powerful combination of contemporary neuroscience, psychoanalysis and brilliant storytelling, *The Well Gardened Mind* investigates the magic that many gardeners have known for years – working with nature can radically transform our health, wellbeing and confidence.

With illuminating stories of how people struggling with stress, depression, trauma and addiction can change their lives, this inspiring and wise book of science, insight and anecdote – now translated into fifteen languages – shows how our understanding of nature and its restorative powers is only just beginning to flower

“Riveting, inspiring and often very moving...A lively compassionate exhortation for us all to get our hands back in the soil” *Isabella Tree*

“An important and timely book... I urge everyone to read it” *Monty Don*

SUE STUART-SMITH, a prominent psychiatrist and psychotherapist, took her degree in English literature at Cambridge before qualifying as a doctor. She worked in the National Health Service for many years, becoming the lead clinician in psychotherapy in Hertfordshire. She currently teaches at The Tavistock Clinic in London and is consultant to the DocHealth service. She is married to Tom Stuart-Smith, the celebrated garden designer, and, over 30 years together, they have created the wonderful Barn Garden in Hertfordshire.

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